



## FINGER LAKES RUNNERS CLUB

### BOARD OF DIRECTORS MEETING

October 10, 2018 5:33 pm

170 Roberts Hall, Cornell University

#### In attendance:

Board members: Sue Aigen, Mike Allinger, Lesa Carter, Denice Cassaro, Adam Engst, Tonya Engst, Nancy Kleinrock, Pete Kresock, Steve Shaum, Gerrit Van Loon  
Club members and guests: Pam Karner, Holly Bailey

(5:33) Welcome of Board

(5:33) Review of Meeting Materials; Revisions to the Agenda

(5:33) Approval of the September Meeting Minutes

- Adam moves to accept the minutes; seconded. Approved, 10; abstained, 1.

#### **New Business (5:40)**

- A bridge is out on the Finger Lakes 50s course in the Finger Lakes National Forest (FLNF)—Pam Karner and Holly Bailey from the American Endurance Ride Conference (AERC)
  - AERC manages an annual endurance horseback riding event, encompassing 15, 25, 30-ish, 50-ish mile distances in the FLNF; this summer's severe storm in the Hector area wiped out the bridge immediately past the T intersection below Foster Pond.
  - The entire mile south of the Outback aid station is currently closed until the National Forest builds a new \$45K bridge.
  - Holly is a grant writer and is spearheading a fundraising effort.
    - FLNF district ranger Jodie Vanselow is also looking for some grant money.
  - In terms of the grant, Holly asks how important the bridge is to us (i.e., how important it is to use the section of trail leading to the Outback), what our other priorities are in the FLNF, and whether the FLRC would be willing to lend our official stamp on a grant toward this project.
  - We would like to see the bridge fixed and the section of trail open, but can come up with alternative routes for the FL 50s.
  - Holly and Pam request a list of things we would like to see improved along the full stretch of the 50s course; looking forward, Holly and Pam request FLRC officially join in on the grant.
    - Nancy and Steve will generate a list and be in touch with Holly and Pam.
- RD Dinner—Gary
  - Gary (via email) notes that he has reserved the patio space at Agava for Thursday, November 1, 2018, beginning at 6:30 pm.
- Contributions—from the list below, which do we want to continue to support and how much (# in parentheses is 2018 amount; the amount that follows is the 2019 provision)?
  - Scholarship program (\$2000)—\$2000
  - Cayuga Trails 50 (food \$300)—\$300
  - Wilderness Search and Rescue (\$1800)—\$1800
  - RRCA Kids (grant fund) (\$100)—\$100
  - Finger Lakes Trail Conference (\$500)—\$1000
  - Cayuga Trails Club (\$0)—\$500
  - Girls on the Run (\$3000)—\$3000
  - Ithaca Youth Bureau (\$1800)

- Adam will discuss financial needs with Bethany and Liz at IYB before considering whether to increase the donation.
    - Adam will also contact Lori Brewington of the GIAC Navigators and Southside Community Center regarding the status of the program and whether funding from FLRC would enable them to initiate a kids' running program.
    - Lesa will also contact an athletic director at the Southside Community Center regarding the status of their program and whether funding would be enabling.
    - The consideration is to donate \$2000 to IYB and up to \$1000 each to the other two Centers.
  - FLRC Uniform Program (\$600)—\$600
    - Tonya is also interested purchasing a bit of outdoor carpet to fit under a popup tent to protect stuff from the wet ground. Steve suggests this come out of equipment budget, because it could be used for other events, as well.
- Nominating Committee
  - Denice will be happy to serve as president for one more year, but not longer; she would be happy to be copresident and/or vice president for 2019, but not thereafter, due to outside commitments.
  - It is suggested that this year's nominating committee consist of Shelly Marino, Gerrit, and Pete.
    - Gerrit and Pete accept; Shelly will be contacted.

### **Current Events Reports & Business (6:20)**

- Financial Report—Mike Allinger
  - Mike presents the report as submitted.
  - The finance committee would like budget numbers from each RD by the end of October.

### **Vice-President's Reports & Business (6:30)**

#### Trails—Gary McCheyne

- Wilderness Search and Rescue
  - Associated with an issue at the Down n Dirty, it is determined that it is important for each race director to discuss with the WSR team what the role of WSR will be for the given race, such as runner tracking, where WSR members will be positioned, etc.
  - Michael Salter is the new WSR contact person, now that Jeff and Kathy have moved away.
    - Pete had mixed success communicating with him leading up to the DnD.
  - Pete will provide Michael S.'s contact info to Gary, in particular, and to trail RDs, as well.
- Repricing for trail races (aside from FL50s and Monster, which price differently): It is considered—but not finalized—to change the day-of registration fee to \$30 for adults (still \$10 for 18-and-under) to further encourage preregistration, retaining the current preregistration fees (adults, \$15 with \$5 discount for FLRC members; 18-and-under, free).
- Monster Marathon
  - See the race report, below.
- Danby Down n Dirty
  - See the race report, below.
  - Nancy brings up the matter of the nonbinary runner at the race and how best to serve racers who do not wish to self-identify as M or F. Tonya is in contact with an individual who runs workshops on gender awareness in sports; she will be in touch regarding having an educational event around this issue for board members, RDs, and/or other interested parties.
- Gerrit reports that there are two new trail races under consideration for the third weekend of September: Peter Dady is proposing a 60- and/or 80-mile race in the vicinity of Cincinnatus; Alex Kleinerman and John Holm (under the auspices of AEI(?)) are proposing a relay to take place in the Hammond Hill State Forest.
  - This is the same weekend that the Monster Marathon and Half took place in 2018. Some coordination around dates is warranted.
  - Alex is also looking to coordinate a Cass Park swim/run duathlon, primarily targeting kids, in June 2019.

#### Road—Alan Lockett

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#### Track—Adam Engst

- Adam has scheduled Barton Hall for the 2019 Hartshorne Mile and the winter track meets.

**Committee Reports & Business (7:05)**

Membership—Shelly Marino

- Total members 553 (last year, 476); total membership units 350 (last year, 323)

Programming—Gary McCheyne

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Marketing—Adam Engst

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Web Presence—?

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Equipment—Gary McCheyne

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Volunteer—Mickie Sanders-Jauquet

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Scholarship—?

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Governance—?

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**Good of the Order (7:05)**

Pete moves to adjourn 7:05 pm; seconded. Approved.

**Future Board Meetings for 2018:**

*November 14*

*December 12*

**RACE REPORTS**

**SUMMER TRACK MEET: AUGUST**

Race Name

Summer Track August Meet

Race Date

2018-08-21

Race Director(s)

Adam Engst

Number of Runners (Preregistered, Day-of-Race, and Total)

123/7/117

Race Income (Preregistered + Day-of-Race = Total)

\$213

List of Volunteers (Name and email address)

Carl Franck David Keifer Adam Pacheck Alexandra Salce Bruce Roebal Tom Rishel Jullien Flynn Josh Brockner Tonya Engst Becca Lovenheim David Truck Rossiter Anne Shakespeare Ruth Sproul Scott Dawson

Notable Performances

FLRC's 2018 track season is in the books! On a dark and windy (and a little rainy) night, 117 runners from 1 to 71 heated up Lansing High School's track. And no, we're not making up any of that numerical nicety, although 1-year-old Willow Donovan did get a lift from her father for the middle section of the 100m, and

71-year-old David Keifer is a regular at our meets as both a runner and a volunteer. The 5000m proved surprisingly exciting. Not because of the times, with the Groton speedster Scott Weeks winning it in 16:09, but because Dave Cook started well back in fourth and worked his way up until they were neck-in-neck in the final lap. Weeks tapped his vaunted 800m speed in that final lap and managed to pull out the win by 1 second. Mary Bushallow was the only female entrant, taking the win in 23:16. Weeks and Cook are both frequent entrants in our meets, but the sprints brought a newcomer, Ching Yu Chang, a veterinary student from Taiwan on a 2-month internship in Ithaca. He won the 100m in 11.39, nipping Kobe Oates in 11.50. On the women's side, Anna Lowe of Team PREFO ran a strong 14.90 for the win, well ahead of Lansing Lightning's Annoura Stewart in 16.48. Chang then came back in the 400 and won that too, running 54.03 to Devine Fenner's 55.50. Lowe and Stewart recapped their 100m races too, with Lowe winning the women's title in 1:15.6 and Stewart close behind in 1:18.5. The mile was the marquee event of the night, with twice as many entrants as any other race. Unsurprising, perhaps since it was the final chance for runners to get their fourth mile in the MITHACAL MILE SERIES. In fact, the title in the 20-29 division was being contested in this race, since both Adam Pacheck and Mik Kern needed one more race, and Adam was leading by only a couple of seconds. Kern knew this was his only chance, but after the first lap or so, it was clear that Pacheck had the win in sight. The stiff breeze slowed the times, so Pacheck ran a bit slower than last month to break the tape in 4:36, with Kern gamely coming through in 4:45. The ever-versatile Dave Cook, despite not figuring in the race early on, came on hard to run 4:52. For the women, 16-year-old Catie Eisenhut of Lansing Lightning ran a strong 5:26 for the win, with Megan Luckner second in 5:31. Two other Lansing Lightning runners broke 6:00, so look for the Lansing girls to have a strong cross-country team this year. We'd like to say more about the 4x200m relay but the rainclouds were so heavy that the ever-advancing darkness made the heats almost impossible to see—we were starting to worry about collisions during the handoffs. That said, our headlamp-equipped volunteers determined that the irrepressible Ching Yu Chang anchored an ad hoc winning team in 1:50. Speaking of our volunteers, they once again did a fabulous job in challenging conditions that forced us to separate the registration and results table from the finish line. Josh Brockner is coming into his own as head timer now that Scott Wehrwein has moved on; Bruce Roebal continues to be a great starter; Jullien Flynn has become a wizard with entries, seeding, and results; Becca Lovenheim worked wonders with heat management as clerk-of-course with help from Carl Franck; Adam Pacheck did a good job in taking over recording finishers from recently departed Julie Quinn; Truck Rossiter handled backup timing with aplomb, Ally Salce provided lap counting and bell ringing services; Tonya Engst and David Keifer managed registration for individuals and teams; Tom Rishel floated quietly to wherever he was needed; and Anne Shakespeare and Ruth Sproul and Scott Dawson pitched on lane timing and other jobs as needed so other volunteers could race. That's it for 2018, and we'll see you in January 2019 in Barton for the indoor season! As always, if you have any suggestions for how we can improve our meets, let me know. We're constantly tweaking and adjusting as our meets attract more and younger runners while trying to make sure they're as enjoyable as ever for long-time participants.

#### Publicity

Just the usual email to the lists and local coaches

#### Weather

The temperature was good, in the low 70s, but it was windy, which forced us to do registration and results in the enclosed press box at the Lansing track. The milers weren't too happy about it on the backstretch either. And it started to rain toward the end, but not too hard.

#### Food

We had the usual subs and watermelon for volunteers afterward.

#### Awards

No awards

#### Supplies and Personnel

Nope, we were good.

#### Problems

Apart from your humble race director being sick, the only problem was that it got dark before we were done. We'll ask for lights next year.

#### Overall Impressions

The meet went extremely well after we scrambled to put registration and results where the paper wouldn't blow away. So apart from a little more work in dealing with that, and feeling bad about isolating Jullien from the rest of the group, it went fine. Runners had a good time, and we continued to attract compliments from runners, parents, and coaches. Allan Wilson of the Auburn Pulsars even said that our meets were the best run of any his kids attend.

#### Comparison with Last Year

The meet was a good bit smaller than July due to the loss of the Ithaca Youth Bureau team, and since they were mostly really young children, that made everything easier.

#### Changes

We tried a new cone-based system of lining up heats that worked pretty well. We also used hurdles to keep runners on the infield further away from lane 1, which had been annoying last month.

#### Next Year

Lights!

### **ITHACA 5&10**

#### Race Name

Ithaca 5&10

#### Race Date

2018-09-16

#### Race Director(s)

Gary McCheyne

#### Number of Runners (Preregistered, Day-of-Race, and Total)

231, 21, 223 + 35 fun run

#### Race Income (Preregistered + Day-of-Race = Total)

#### List of Volunteers (Name and email address)

Mickie Saunders-Jauquet Ally Saunders-Jauquet Pat Gillespie Zsofia Franck Brenda Michaud Emily Funk Charlie Fay Aaron Proujansky Alan Lockett Amy Panek Yvette de Boer Linnie Wieselquist Nora McIver-Sheridan Pete Kresock John Donaldson KC Bennet Bill King Steve Ryan Shelia Squier Shelly Marino Sue Aigen Dan Longaker Tim Ingall Coach Jim Nichols, IC X-Country IC Cross Country Team Kevin Phipps, Cornell X-Country Cornell Cross Country Team Ithaca Fire Police Officer Jordan Papkov, Ithaca Police

#### Notable Performances

5K winners were - M- Miles Rouches, F - Ellie Pell. 10K winners were M- Aaron Nobles, F- Claire Jones

#### Publicity

List Serve, Face Book

#### Weather

Weather was perfect,...68 degrees

#### Food

Watermelon, Oranges, Bagels, Peanut Butter, cream cheese

Awards

Awards designed by RD, made by Running Awards & Apparel

Supplies and Personnel

no

Problems

no

Overall Impressions

Went well.

Comparison with Last Year

Changed the race date to one week later to avoid The Aids Ride for Life,...Airport 5K did the same thing. UGH!

Changes

not really

Next Year

none as of yet

**MONSTER MARATHON**

Race Name

Monster Marathon

Race Date

2018-09-22

Race Director(s)

Daniel Longaker

Number of Runners (Preregistered, Day-of-Race, and Total)

139,0,105

Race Income (Preregistered + Day-of-Race = Total)

4245.00

List of Volunteers (Name and email address)

Gary McCheyne was instrumental in helping me navigate the ins-outs of obtaining and transporting all the equipment required to put on the race. Volunteers Pete Kresock and Nancy Kleinrock marked the course Friday night, and raced it on Saturday AM. Bob Talda set up the timing clock at 6:30AM and the crew of Adam Engst, Tonya Engst, Melissa Kuo and Dave Kania assisted with timing for the remainder of the day. Karen, Tim and Eamon Ingall set up the start/finish aid station, just in time for Yvette's arrival at the marathon halfway point. She shocked everyone by finishing her first out and back before all of the men had started the half marathon. Thanks to Gerrit Van Loon who swept the course, after finishing fifth in the half marathon. Thanks to Steve Vanek for an early AM coffee pickup and to Brenda Michaud and Rich Heffron, who joined Steve at the bib pickup table. Special thanks to Dean Russo and Makoto Endo who each single-handedly managed an aid station for the duration of the race!

Notable Performances

Hats off to Yvette De Boer who demolished the marathon distance course record. Her winning time of 3:06:50 was almost 24 minutes faster than the previous record (p.s. the course was .4 miles longer than the last few years).

Publicity

Pete hyped it up on all our normal channels - twitter, facebook, listserv. I think this helps.

#### Weather

Cool and cloudy at start. One of the first cool days of the year. Rain held off and sun came out in early afternoon. People seemed delighted to be running in cooler weather.

#### Food

Fitnell Farms Barbeque catered event.

#### Awards

Libations for top 5 in each event. Also gave overall winners at each distance a wind up toy monster that pooped candy. Lovely medals were salvaged from Thom B (string with pine cones and shiny metal trinkets - thanks Joel!). Did away with age group awards, since the handicap in the race is already designed to even the playing field.

#### Supplies and Personnel

Forgot the pop up covers for aid stations. It didn't rain, so it wasn't an issue.

#### Problems

No major problems.

#### Overall Impressions

Went well. Appreciated all the volunteer support.

#### Comparison with Last Year

First time RD. Number of runners and income about the same as last year.

#### Changes

Resurrected the Forest Monster for some added fun. Extended course slightly to turnaround at end of Red Pine Service Rd - where it connects into 327. This made the half marathon distance a more respectable 12.5 miles (previously 12.1).

#### Next Year

Earliest Marathon runners may have benefited from head lamps -which could have been dropped at first aid station. Need to make sure awards section of race website is accurate. No age or M/F specific awards. Considering course change for next year. Reached out to Andy Zepp of FLLT to see if Lickbrook is an option. Would love to include that climb as an added "monster."

### **DANBY DOWN N DIRTY**

#### Race Name

Danby Down & Dirty

#### Race Date

2018-10-06

#### Race Director(s)

Pete Kresock

#### Number of Runners (Preregistered, Day-of-Race, and Total)

149 Pre-reg; 22 same-day; 171 total registrants; 140 starters, 138 finishers.

#### Race Income (Preregistered + Day-of-Race = Total)

See Michael Allinger (treasurer) for numbers.

#### List of Volunteers (Name and email address)

Kathy Putnam - kgputnam@gmail.com Dave Putnam Andrew Putnam Anne Shakespeare - alsdvm82@aol.com Mickie Sanders-Jauquet - mickiejauquet@gmail.com Allie Jauquet Steve Shaum - sls243@cornell.edu Nancy Kleinrock - nk33@cornell.edu Gary McCheyne - gary@cayugamusic.com

Aaron Proujansky - aaron.proujansky@gmail.com Adam Engst - ace@tidbits.com Sheena Heise - sheenaheise@gmail.com Ashley Gresock - aschmidt4051@gmail.com Gerrit Van Loon - gvanloon@twcny.rr.com Amelia Kaufman - afkaufman100@gmail.com Zoe Freer-Hessler - zfreerhessler@gmail.com Hayley Kresock - hayleyrein@gmail.com

#### Notable Performances

Due to wet and sloppy conditions, times were slower this year compared to recent years. None of the CRs were threatened. 20k men's winner was Dan Timmerman (Trumansburg) in 1:32:36. Xavier Salvador (Ithaca), of Cornell Running Club, edged out Eric Sambolec (Ithaca) in a downhill sprint for second place. Yvette De Boer continued her off-road hot streak, taking the women's 20k win in 2:02:15. For the 10k, Cornell Running Club's Oliver Rapp (Rochester) won handily in 50:54. Of note, the first 4-5 20k runners passed through the halfway aid station well before Rapp came in to the finish. Had one of them decided to drop down to the 10k, the men's winning time would have been around 45-46 minutes. Greta Sieve (town unknown) took the 10k women's win in 55:23. Ten-year-old Jack Barton (Ithaca) was the youngest runner, and the only M 18 and Under in either distance. Paced by his father, Jack ran a stout 1:01:16 10k.

#### Publicity

There was no media publicity. I spend \$26.48 on a paid Facebook ad, and used the usual social media and e-mail channels.

#### Weather

We had some heavy and consistent rain throughout the week leading up to race day. This made parts of the course a complete mess, especially the "swamp" section (roughly miles 2-3), which is usually messy without the rain. It made for lots of mud and standing water, plus higher-than-usual streams to run across. The trails were worst condition I've ever seen them in at this time of the year. Race day, it drizzled a bit for an hour or so, before the sun came out for good. We covered the finish line food table with a tent. During the rain, many finishers decided not to stick around. The temperature throughout was low 60s — somewhat warmer than usual for this race.

#### Food

12 dozen assorted bagels from Ithaca Bakery, along with assorted jams and nut butters, hot and cold apple cider (9 gallons), 32 pounds of apples, water, and some random leftovers from The Monster. The hot cider was a bust when the matches got wet and we couldn't relight the propane stove, but the weather was warm enough that people were happy with the cold cider instead. The two aid stations each had two packs of fig bars, and one cooler each of water and Gatorade. The apples were a hit, but maybe could cut down to 24 pounds. We also had about 2-3 dozen bagels left. The jams and nut butters seemed to be about the right amount.

#### Awards

I followed Andy's precedence and gave out craft six-packs to overall and age-group winners. I purchased 13 packs of beer and 5 ginger/root beer, but was short by at least 4 packs of beer. This was purchased for \$172.30 total at Wegmans. I also gave out five trail series shirts — one for each of the overall winners, plus one for an age-grouper that didn't want beer.

#### Supplies and Personnel

If anything, I had more volunteers than necessary. I should have recruited a dedicated cleanup crew for the end, but instead got help from whoever happened to be around.

#### Problems

There were no major problems, just a few minor ones. We had a brief scare with a runner unaccounted for after Gerrit finished sweeping. After some detective work, Adam figured out that the runner left without telling us (despite the pre-race announcement that those who drop MUST tell us). I forgot to bring race day registration forms, so we had to improvise. I also need to budget more time for setting up the Mile 3/10 remote aid station. I also didn't buy enough beer for prizes and ran out.

#### Overall Impressions



This was my first time directing this or any other race, and overall I thought it went pretty smoothly. I had a lot of positive feedback from Danby veterans and some experienced RDs.

#### Comparison with Last Year

I don't have the income or registration numbers from 2017, but we can note there were 145 total finishers last year. For my first year, I tried to keep everything the same as how Andy had been running things the past several years. From what I can tell, the experience was basically the same this year.

#### Changes

Andy gave me all his detailed notes from last year, and I followed his plan almost exactly. I didn't want to change anything this year and risk running into unforeseen problems and/or making extra work.

#### Next Year

Dan and I have discussed swapping dates for Danby and Monster. I've also been thinking of extending the 20k course so it actually runs 20k ( as opposed to 11.8 miles) or possibly a half marathon. The trails run in such a way that this would be easy to do without any major changes to the existing course.